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I Can't Believe it's Not Fattening: Over 150 Ridiculously Easy Recipes for the Super Busy

By Devin Alexander

Broadway Books (A Division of Bantam Doubleday Dell Publishing Group Inc). Paperback. Book Condition: new. BRAND NEW, I Can't Believe it's Not Fattening: Over 150 Ridiculously Easy Recipes for the Super Busy, Devin Alexander, From the "New York Times" Bestselling author of "The Biggest Loser" cookbooks: amazingly simple, super-speedy, and decadent recipes that taste sinful but are 100 percent guilt-free Devin Alexander lives by the motto that "twenty minutes in the kitchen can save you 3 hours on the treadmill!" The chef and author of "The Biggest Loser Cookbook" has maintained a weight loss of fifty-five pounds for almost twenty years by transforming the decadent dishes that we all crave into fantastic lo-cal indulgences. Now, she shows us how to make those mouthwatering favorites in mere minutes. Because--let's face it, we want what we want and we want it NOW! With simple, super easy-to-follow recipes for delectable dishes such as Unbelievable Easy Chicken Parmesan, Carmelized Apple Butter-Topped Pork Chops, Bacon Cheeseburger, and even a Peppermint Brown "Pizza," you can now whip up fantastic, slimming meals in the time it would take to go through the drive-thru.



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